

**EPI Update for Friday, June 15, 2007
Center for Acute Disease Epidemiology
Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Summary of the 2006-2007 Iowa Influenza Surveillance Network (IISN)**
- **CDC reports high Lyme disease rates in 10 states**
- **UHL has a new "fit-for-all" specimen collection kit**
- **Smoke free Father's Day for Iowa families**
- **June is National Men's Health Month**
- **IDHP newsletter now available**
- **Meeting announcements and training opportunities**

Summary of the 2006-2007 Iowa Influenza Surveillance Network (IISN)

The final Iowa Influenza Surveillance Network (IISN) year-end report is now available. The weeks with the highest activity extended from February 3 through February 24, 2007. Children ages 5 to 8 years were impacted more than any other age group. School outbreaks of influenza were widespread across the state during the peak weeks. Influenza AH1 and B were the predominant strains. More than 80 health care facilities (sites) assisted in Iowa's influenza surveillance activities in the 2006-2007 season. IDPH greatly appreciates their assistance.

Recruiting for next year's surveillance sites will begin in August. IDPH is always looking for physicians, clinics, hospitals, schools, child care centers and long-term care facilities to participate in our surveillance. In this surveillance system, all reports are submitted electronically. For more information or to enroll in the IISN, please contact Meghan Harris at mharris@idph.state.ia.us or 515-281-7134.

For more information, including the final report, visit www.idph.state.ia.us/adper/iisn.asp.

CDC reports high Lyme disease rates in 10 states

According to the Centers for Disease Control and Prevention (CDC), reported cases of Lyme disease have doubled since 1991. The increase is probably the result of both a true increase in the number of cases, as well as better recognition and reporting of cases due to enhanced diagnosis of cases. During 2003-2005, a total of 64,382 Lyme disease cases were reported to CDC from 46 states and the District of Columbia. In 1991, fewer than 10,000 cases of Lyme disease were reported.

Most illnesses occurred in June, July and August, when the infected ticks that carry Lyme disease are most active. Thus, it is important for all Iowans to prevent tick bites. For more information, visit

www.idph.state.ia.us/adper/common/pdf/epifacts/lyme.pdf.

The full report, "Lyme Disease – United States, 2003-2005," appears in this week's Morbidity and Mortality Weekly Report (June 14, 2007) and is available online at www.cdc.gov/mmwr.

UHL has a new "fit-for-all" specimen collection kit

Investigation of gastrointestinal outbreaks is important for public health. The goal is to find the source and identify the pathogen that caused the outbreak and intervene to prevent others from becoming ill. As such, submission of patient specimens and laboratory support for foodborne and other disease outbreak investigations is essential. In the past, University Hygienic Laboratory (UHL) requested two different specimens for testing both bacteria and noroviruses. This was the result of different requirements for viruses and bacteria in the collection, preservation and transportation of specimens to the lab. The need to collect multiple specimens was hard for the patient, and therefore often hindered the investigation because fewer specimens were collected.

UHL has just evaluated and validated a new liquid enteric transport medium (ETM) that allows for testing of both bacteria and nor viruses from the same specimen. The ETM collection kit is available by contacting UHL at 319-335-4500 or by requesting one at www.uhl.uiowa.edu/kitsquotesforms/clinicalkit.html.

Smoke free Father's Day for Iowa families

The Iowa Department of Public Health is urging Iowans to make Father's Day a smoke-free day and to remember the important roles fathers can play in preventing their children from becoming addicted to tobacco.

Studies show that children from families in which someone smokes, are twice as likely to become smokers themselves. IDPH recommends that even those fathers, who use tobacco, should speak with their children about the hazards of tobacco use.

IDPH offers these suggestions for a "Healthy and Smoke Free" Father's Day:

- Even if you do smoke, keep the home smoke-free to reduce smoke exposure to others.
- Educate your children about the dangers of tobacco use.
- Be a positive role model; quit tobacco use today and encourage your kids to quit or not to start using tobacco.
- If you smoke, call the Iowa "Quitline" at (1-800-QUIT-NOW), to help you stop smoking or stop chewing tobacco.

For more information about ways lowans can quit smoking, visit www.idph.state.ia.us/tobacco/quitline.asp.

June is National Men's Health Month

June 11-17 is national Men's Health Week. Male lowans can take simple steps each day to stay safe and healthy. Some simple healthy tips include getting check-ups, avoiding tobacco use, managing stress, and more. Summer is a great time to build up your fitness program, enjoy fresh fruits and vegetables, take a vacation, and have fun. It's also time for Iowa's men to pay attention to their health and safety. IDPH advises these lowans to take steps to be stronger and healthier as they head out to enjoy their father's day weekend.

For more information on these steps, visit www.cdc.gov/men/summer.htm.

IDPH newsletter now available

The June 2007 issue of the *Iowa Health Focus* newsletter, published by the Iowa Department of Public Health, is now available at www.idph.state.ia.us/do/focus.asp.

In this issue you will find:

- Integrated effort brings health messages to seniors
- Project evaluates kids' eating habits
- Schools can now access immunization records
- Unique education approach used at Asian festival
- An invitation from Governor Culver
- Former IDPH Director Hansen honored
- Rebalancing Health Care in the Heartland forum, Des Moines, June 19
- Iowa reaching or nearing many 2010 goals
- Iowa promotes refugee health
- New gambling treatment licensure rules facilitated by providers
- Memorial commemorates EMS providers
- Summer means increases in foodborne illness, need for food safety awareness
- IDPH bureau chief experiences public health in Tanzania
- Team VERB to compete in Hy-Vee Triathlon, June 16 and 17

Meeting Announcements and Training Opportunities

None.

Have healthy and happy father's day celebrations!

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